

Wheat Roll 1
2 % Milk $\frac{3}{4}$ - 1 c
BIRTHDAY HOLIDAY CAKE TREAT 1

SNACK
Chilled Peaches $\frac{1}{2}$ c
2 % Milk $\frac{1}{2}$ c

FRIDAY, DECEMBER 14, 2007
BREAKFAST
X Orange Juice $\frac{1}{2}$ c (VIT C)
Mini Pancakes 3 w/ Syrup
2 % Milk $\frac{3}{4}$ - 1 c

LUNCH
Italian Spaghetti w/(1 $\frac{1}{2}$ oz Ground Beef & Cheese)
Spaghetti Noodles
Southern Style Green Beans $\frac{1}{4}$ c
Coleslaw $\frac{1}{4}$ c (RAW)
Breadstick 1
2 % Milk $\frac{3}{4}$ - 1 c

SNACK
Deli Turkey (1/2 oz) Sandwich 1/2
Enriched Bread 1
Sliced Pears $\frac{1}{2}$ c
Water

MONDAY, DECEMBER 17, 2007
BREAKFAST
X Fresh Orange Wedges $\frac{1}{2}$ c (VIT C)
Rice Krispies Cereal $\frac{3}{4}$ oz
Graham Crackers 3
2 % Milk $\frac{3}{4}$ -1 c

LUNCH
Chili w/Cheese (Made w/1/2 c Dried Beans)
Crinkle Cut Potatoes $\frac{1}{4}$ c
California Blend Vegetables $\frac{1}{4}$ c
Celery Sticks $\frac{1}{8}$ c (RAW)
Enriched Crackers 4
Chilled Applesauce $\frac{1}{4}$ c
2 % Milk $\frac{3}{4}$ -1 c

SNACK
Seedless Raisins $\frac{1}{2}$ c

Butter Cookies (3/4 oz)
Water

TUESDAY, DECEMBER 18, 2007

BREAKFAST

X Orange Juice ½ c (VIT C)
Breakfast Ham ½ oz
Hot Biscuit 1
2 % Milk ¾ -1 c

LUNCH

Oven Baked Chicken 1 ½ oz
Blackeyed Peas ¼ c
Baked Apples ¼ c
Fresh Garden Salad ¼ c w/ Lettuce, Tomatoes & Shredded Carrots (RAW)
Cornbread 1
2 % Milk ¾ -1 c

SNACK

Bear Grahams (3/4 oz)
2 % Milk ½ c

WEDNESDAY, DECEMBER 19, 2007

BREAKFAST

Chilled Peaches ½ cup
Sausage Patty 1
Cinnamon Swirl Toast 1
2 % Milk ¾ - 1 c

LUNCH

Beef & Bean Burrito w/Salsa w/1 ½ oz Beef & Wrapping = 1 Slice Enriched Bread-
Whole Kernel Corn ¼ c
X Steamed Broccoli ¼ c (VIT C)
Chilled Fruit Cocktail ¼ c
2 % Milk ¾ - 1 cup

SNACK

Fresh Apple Slices ½ c (RAW)
Muffin 1
Water

THURSDAY, DECEMBER 20, 2007

BREAKFAST

X Orange Juice ½ c (VIT C)
Super Doughnut 1
Cheese Snack ½ oz

2 % Milk $\frac{3}{4}$ - 1 c

LUNCH

Chicken Pot Pie w/ 1 $\frac{1}{2}$ oz Chicken & Crust = 1 Slice Enriched Bread

Potato Wedges $\frac{1}{4}$ c

Southern Style Green Beans $\frac{1}{4}$ c

Lettuce & Tomato Cup $\frac{1}{8}$ c (RAW)

2 % Milk $\frac{3}{4}$ - 1 c

SNACK

Vanilla Wafers $\frac{3}{4}$ oz

2 % Milk $\frac{1}{2}$ c

HAPPY HOLIDAYS!!!

EXHIBIT "C"

FEDERAL REGULATIONS UNDER CACFP

See Attached

Shelby County Head Start

Meal Pattern**Breakfast**

Children 1 up to 3 years

Children 3 up to 6 years

Milk, fluid	1/2 cup	3/4 cup
Juice or Fruit or Vegetable	1/4 cup	1/2 cup
Bread and/or Cereal		
Enriched or whole grain:		
Bread	1/2 slice	1/2 slice
Cereal: Cold dry	1/4 cup*	1/3 cup**
Hot cooked	1/4 cup	1/4 cup

Lunch or Supper

Milk, fluid	1/2 cup	3/4 cup
Meat or meat alternate		
Meat, poultry, or fish, cooked		
(Lean meat without bone)	1 ounce	1 1/2 ounces
Cheese	1 ounce	1 1/2 ounces
Egg	1	1
Cooked dry beans and peas	1/4 cup	3/8 cup
Peanut Butter	2 tablespoons	3 tablespoons
Vegetable and/or Fruit	1/4 cup	1/2 cup
Bread or bread alternate		
Enriched or whole grain	1/2 slice	1/2 slice

**Midmorning or midafternoon
snack (supplement)**

(Select 2 of these 4 components)

Milk, fluid	1/2 cup	1/2 cup
Meat or meat alternate	1/2 ounce	1/2 ounce
Juice or Fruit or Vegetable	1/2 cup	1/2 cup
Bread and/or Cereal		
Enriched or whole grain:		
Bread	1/2 slice	1/2 slice
Cereal: Cold dry	1/4 cup*	1/3 cup
Hot cooked	1/4 cup	1/4 cup

* 1/4 cup (volume) or 1/3 ounce (weight), whichever is less.

** 1/3 cup (volume) or 1/2 ounce (weight), whichever is less.

EXHIBIT C cont.

226.20 Requirements for meals

(a) Except as otherwise provided in this section, each meal served in the Program shall contain, as a minimum, the indicated food components:

1. A breakfast shall contain:

- i. Serving of fluid milk as a beverage or on cereal, or used in part for each purpose;
- ii. A serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods;
- iii. A serving of whole-grain or enriched bread; or an equivalent serving of corn bread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour; or a serving of whole-grain or enriched or fortified cereal; or a serving of cooked whole-grain or enriched pasta or noodle products such as macaroni, or cereal grains such as rice, bulgur, or corn grits; or an equivalent quantity of any combination of these foods.

2. Both lunch and supper shall contain:

- i. A serving of fluid of milk, as a beverage;
- ii. (A) A serving of lean meat, poultry or fish; or cheese; or an egg; or cooked dry beans or peas; or peanut butter; or an equivalent quantity of any combination of these foods. These foods must be served in a main dish, or in a main dish and one other menu item, to

meet this requirement. Cooked dry beans or dry peas may be used as the meat alternate or as part of the vegetable/ fruit component but not as both food components in the same meal;

- ii. (B) Nuts and seeds and their butters listed in program guidance are nutritionally comparable to meat or other meat alternates based on available nutritional data. Acorns, chestnuts, and coconuts shall not be used as meat alternates due to their low protein content. Nut or seed meals or flours may be used as an ingredient in a bread/bread alternate, but shall not be used as a meat alternate except as defined in this part under Appendix A:

Alternate Foods for Meals, and in program guidance materials. As noted in paragraph (c)(2) of this section, nuts or seeds may be used to meet no more than one-half of the meat/meat alternate requirements. Therefore, nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement;

- iii. A serving of two or more vegetables or fruits, or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement;
- iv. A serving of whole-grain or enriched bread; or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or a serving of whole-grain or enriched pasta or noodle products such as macaroni, or cereal grains such as rice, bulgur, or corn grits; or an equivalent quantity of any combination of these foods.

EXHIBIT "D"**DELIVERY SCHEDULE****MEAL SERVICE TIMES:**

Site Location	Breakfast	A.M. Snack	Lunch	P.M. Supplements	Supper
	8:00 a.m.- 8:45 a.m.		11:00 a.m.- 11:45 a.m.	1:45 p.m.- 2:00 p.m.	

Note: Head Start staff will pick up service cart from kitchen at designated meal/snack times and return cart following meal/snack at designated times as agreed per site.

MEAL SERVICE TIMES AT MEMPHIS CITY SCHOOLS HEAD START CLASSROOMS SITES WILL BE:

BREAKFAST SERVED 8:00 A.M. UNTIL 8:45 A.M. Breakfast must be delivered by contractor no earlier than 7:00 A.M. (one hour prior to breakfast service) and no later than 7:30 A.M. (thirty minutes prior to breakfast service).

LUNCH SERVED 11:00 A.M. UNTIL 11:45 A.M. Lunch must be delivered by contractor no earlier than 10:00 A.M. (one hour prior to lunch service) and no later than 10:30 A.M. (thirty minutes prior to lunch service).

SNACK SERVED 1:45 P.M. UNTIL 2:00 P.M. Snack may be delivered along with lunch.

***NOTE – All prepared hot foods must be delivered in insulated thermal containers that will maintain the food at a minimum holding temperature of 140 degrees Fahrenheit. All prepared cold foods must be delivered at a holding temperature of 40 degrees Fahrenheit or below. Delivery vehicle and thermal containers must be cleaned and sanitized daily by contractor.**

NOTE: SHELBY COUNTY HEAD START STAFF WILL PICK UP SERVICE CART FROM THE SCHOOL CAFETERIA MANAGER AT OR BEFORE THE SCHEDULED MEAL SERVICE TIME AND DELIVER IT TO THE APPROPRIATE HEAD START CLASSROOM WHERE FAMILY-STYLE MEAL SERVICE WILL BE IMPLEMENTED AS PER HEAD START PERFORMANCE STANDARDS (45-CFR 1304.23).

EXHIBIT "E"

REIMBURSEMENT SCHEDULE

SCHEDULE OF MEAL COST

CONTRACTOR WILL DELIVER MEALS ACCORDING TO THE WEEKLY HEAD START MENU IN THE PORTIONS SPECIFIED ON THE MENU FOR CHILDREN AGES THREE TO FIVE AS PER THE USDA MEAL PATTERN GUIDE. NO SUBSTITUTIONS WILL BE MADE WITHOUT CONSULTATION WITH THE NUTRITION SPECIALIST IN ADVANCE OF DELIVERY.

SHELBY COUNTY GOVERNMENT HEAD START WILL PAY \$4.6875 PER DAY PER PERSON FOR DELIVERED BREAKFAST, LUNCH AND SNACK.

CITY SCHOOLS SITES - APPROXIMATELY 224 DELIVERED BREAKFASTS, LUNCHES AND SNACKS @ \$4.6875 EACH PER DAY = \$1,050.00 PER DAY, BASED ON THE FOLLOWING:

Breakfast	\$1.35 (children)	(Includes 6-8 ounces milk daily per enrollee)
	\$1.35 (adults)	
Snack	\$.68 (children)	(Includes milk twice per week-4 oz. per enrollee)
	\$.68 (adults)	
Lunch	\$2.6575 (children)	(Includes 6-8 ounces milk daily per enrollee)
	\$2.6575 (adults)	

GUIDE LIST FOR FAMILY-STYLE MEAL SERVICE SUPPLIES/SPECIFICATIONS

Shelby County Head Start, ~~will~~ will provide:

Accessories

Bread Baskets	oval, plastic, approximately, 10" x 6" x 2"
Water/Juice Pitchers	2 qts. -- heavy duty plastic, impact resistant, similar to Rubbermaid 3062-06
Milk Pitchers	1 qt. -- heavy duty plastic, impact resistant, dishwasher safe, similar to Bouncer #3336
Serving Carts	3 tier heavy duty with casters
Bus Tubs	8 each for transport of both clean and soiled dishes and utensils

Glasses, Cups

Glasses, 5 oz.	Impact resistant, dishwasher safe plastic, textured exterior, smooth interior; similar to Cambro #500 P
Glasses, 8 oz.	Same description as above, except Cambro #800 P

Flatware

Table Knives	stainless steel, 18 gauge, 3" blade
Salad Forks	stainless steel, 18 gauge, similar to WTI, Sand Pebbles #652
Dinner Forks	stainless steel, 18 gauge, similar to WTI, Sand Pebbles #652
Teaspoons	stainless steel, 18 gauge, similar to WTI, Sand Pebbles #652
Tablespoons	stainless steel, 18 gauge, similar to WTI, Sand Pebbles #652
Slotted Tablespoons	stainless steel, 18 gauge, similar to WTI, Sand Pebbles #652

GUIDE LIST ATTACHMENT

Tableware

Dinner Plates, 9"	impact resistant, dishwasher safe, stain resistant plastic; similar to Prolon #9921
Salad Plates, 6"	same description as above, except similar to Prolon #9923
Dessert Dishes, 3 1/2 oz.	same description as above, except similar to Prolon #9945
Soup/Cereal Bowls, 11 oz.	same description as above, except similar to Prolon #9941
Serving Bowls, 36 oz.	same description as above, except similar to Prolon #9946
Serving Platters, 11"	same description as above, except similar to Prolon #9950